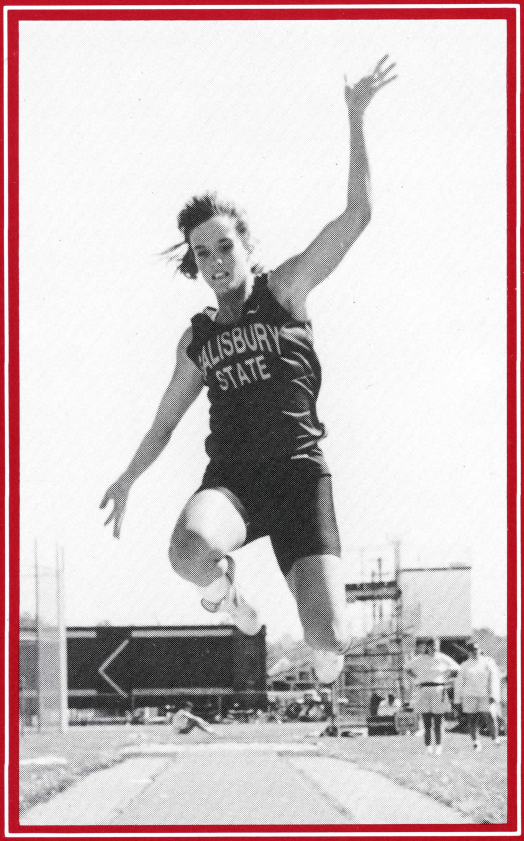
SALISBURY STATE UNIVERSITY



1994

SEA GULL
TRACK & FIELD

SEASON PREVIEW

By almost all counts, the 1993 track and field season at Salisbury State was quite a success. The Sea Gulls qualified six athletes for the NCAA Division III national championship, set four new school records, had solid depth in nearly every event with a 37-person roster, and posted team grade point averages of 2.81 (men) and 2.93 (women).

The good news for third-year head coach **Jerry Thomas** is that the 1994 forecast is for more of the same. The former Sea Gull runner, in the early '80s, sees heightened expectations for both the men and women this year.

"The men's team may be the best we've assembled at Salisbury State since the early 1970s," said Thomas. "There's added depth in all areas, with real strength in the sprints and throws. There's plenty of new faces on the women's team, but it's a group that is hungry for success right now."

The men's team returns two national qualifiers in sprinters **Jason Anderson** and **Tony McCray**. Both ran on the 400-meter relay squad and will be national contenders again in '94. McCray's time of 10.71 in the 100-meter dash made him a two-event national qualifier last spring.

Senior team captain **Dan Quinn** returns as one of the top hammer throwers in the region. Quinn set a new school record with a toss of 147'3" last year and is poised to make another run at the nationals.

The combination of **Matt Piotrowski, Jon Douglas, Rob Freshwater** and **Andrew Younkin** will lead the distance runners.

Other athletes to watch on the men's squad this season include: **Brian Evans** (shot, discus, hammer); **Byron Pugh** (sprints, hurdles); and new pole vaulters **Mark Brennan, Marc Dickerson** and **Ed Houck.**

"Look for this team to challenge for the championship in the Capital Athletic Conference and the Mason-Dixon," said Thomas.

Despite a number of new faces on the women's side, Thomas has the luxury of welcoming back both of last year's national qualifiers, **Kirsten Owings** and **Tracy Tyler**.

Owings, team captain this year, finished 14th in the nation in the long jump last year. Having set the school record in the 100-meter dash in 1992, she claimed her second SSU record with a leap of 19'1" in the long jump in 1993, when she was also named the team's MVP.

Tyler, meanwhile, made her second trip to the national championships in the high jump last spring, placing ninth overall. She also competed in the 100-meter hurdles, and should improve on her school records in both events this year. Tyler and Owings make a formidable one-two scoring punch, with Tyler narrowly winning last year's scoring race 111-107.

The third record-setting returnee is senior **Mary Puderbaugh**, who broke the 10,000-meter mark in 1993. She has her sights set on lowering that mark as well as setting a new standard in the 5,000 meters this spring.

Among the newcomers, Thomas has high hopes for freshman thrower **Stacie Gado**. Based on her distances in high school, Gado already ranks among the best Division III javelin hurlers and could become a national championship qualifier in her first season.

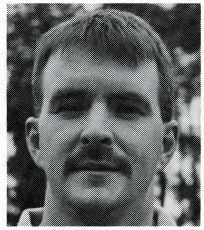
SEASON PREVIEW

"Salisbury State has never had a woman become an all-American in track and field," said Thomas. "I think one of these women can win the battle to become the first."

Others to watch this spring include: **Jennifer Harrison** (hurdles); **Kerry O'Gwen** (high jump); and freshmen **Rebecca Bell, Jen Binford, Kelly Delp, Vicki Huchko** and **Elizabeth Pagel**, who will form the core of the middle distance and distance team.

The Sea Gull schedule includes several home events this spring, including the Capital Athletic Conference's women's championship on April 20. SSU will also host the annual Sea Gull Invitational on April 23.

COACHING STAFF



Jerry Thomas
Head Coach

Jerry Thomas' third year as head coach of the men's and women's track teams marks his seventh year overall as a coach with the Salisbury State University track and field program. Thomas served as an assistant for four seasons before taking the reins in 1992.

His involvement with SSU actually dates back over a decade. Thomas began as a freshman runner for the Sea Gulls in 1981, competing in cross country in the fall and track in the spring. He specialized in the middle distance events.

Following graduation, Thomas joined the staff as a cross country assistant coach in 1986, and has been a constant worker with both programs ever since. Thomas has been head coach of the men's and women's cross country squads since 1989.

During his collegiate career, Thomas was a four-time letterman and a two-time all-Mason-Dixon Conference selectee in track as a distance runner. He is credited with rebuilding SSU's cross country program over the past few seasons, and was recognized for his efforts by being named the Eastern States Athletic Conference's Cross Country Coach of the Year in 1991.

Brian King
Assistant Coach

After coaching at the high school level for two seasons, Brian King begins his first season with the Sea Gull program. The experienced thrower will concentrate on the field events this spring.

A former junior college all-American at Essex (MD) Community College, King, a shot putter, completed his collegiate career at Towson State University, where he became the school's first three-time IC4A qualifier. In addition to coaching the throwers, King will assist with the strength and conditioning phases of the program.

MEN'S ROSTER

Name	Yr	Hometown
Jason Anderson	Jr	Mt. Airy, MD
Mark Brennan	Fr	Mt. Airy, MD
Vernon Brown	Jr	Elkton,MD
Randy Clark	Fr	Boyds, MD
Frank Delosso	Fr	Coram, NY
Marc Dickerson	So	Seaford, DE
Jon Douglas	Fr	Salisbury, MD
Bill Eisenhart	So	Hagerstown, MD
Brian Evans	So	Severn, MD
Tom Evans	Jr	Lexington Park, MD
Henry Fehlman	Sr	Elkton, MD
Jeff Freimanis	Jr	Columbia, MD
Rob Freshwater	Sr	Salisbury, MD
Edward Houck	Fr	Reading, PA
Ross Kaelin	Jr	Great Mills, MD
Tom Keating	Sr	Denton, MD
Tony McCray	Jr	Gaithersburg, MD
Rob Palmer	So	Lexington Park, MD
Matt Piotrowksi	So	Jarrettsville, MD
Byron Pugh	Jr	Haddontownship, NJ
Dan Quinn	Sr	Morristown, NJ
Rett Warren	Sr	Landover, MD
Clint Wilson	Fr	Annapolis, MD
Andrew Younkin	Jr	Ellicott City, MD

WOMEN'S ROSTER

Name	Yr	Hometown
Rebecca Bell	Fr	Poolesville, MD
Jen Binford	Fr	Westmenster, MD
Carolyn Colby	Jr	Lexington Park, MD
Vicky Crouse	Sr	Harrisburg, PA
Lauren Davis	Jr	Bel Air, MD
Kelly Delp	Fr	Thurmont, MD
Amy Fleiner	Jr	Baltimore, MD
Stacie Gado	Fr	Franklin, NJ
Jennifer Harrison	Fr	Damascus, MD
Laura Hoopes	Fr	Oxford, PA
Vicki Huchko	Fr	Plainville, CT
Heather Jones	Jr	Ellicott City, MD
Donna Krebs	Jr	Towson, MD
Kerry O'Gwen	Fr	Lebanon, NJ
Kristen Owings	Sr	Finksburg, MD
Elizabeth Pagel	Fr	Glenwood, MD
Mary Puderbaugh	Sr	Cumberland, MD
Tracy Tyler	Jr	Salisbury, MD

MEN'S RECORD BOOK

100 Meter Dash	Jeff Polk	10.3	1975
200 Meter Dash	Jeff Polk	20.7	1973
400 Meter Dash	Bob Cannon	49.1	1977
	David Baker	49.1	1985
800 Meter Run	Jay Watt	1:54.1	1981
1,500 Meter Run	Doug Mock	3:52.4	1989
5,000 Meter Run	Scott Scheffler	14:36.0	1986
10,000 Meter Run	Scott Scheffler	29:51.3	1986
110 Meter Hurdles	Steve Pitt	14.1(120 yds)	1975
400 Meter Hurdles	Steve Pitt	53.8(440 yds)	1975
Steeplechase	Paul Dawson	9:44.4	1977
Long Jump	Jeff Polk	23'	1975
Triple Jump	Larry Olmstead	45'6¾"	1976
High Jump	Gene Hawke	6'6"	1976
	Paul Arnold	6'6"	1978
Pole Vault	Buddy Hedges	14'	1977
Shot Put	Pete Pratt	48'3"	1980
Discus	Pete Pratt	150'	1980
Hammer	Dan Quinn	147'3"	1993
Javelin	Gene Hawke	218'8"	1976
4x100 Meter Relay	Randy Evans	41.8(440 yds)	1974
	Steve Pitt		
	Brian LaValley		
	Jeff Polk		
4x200 Meter Relay	Randy Evans	1:27.2(880 yds)	1974
	Steve Pitt		
	Brian LaValley		
	Jeff Polk		
4x400 Meter Relay	Tim McSorley	3:19(1 mile)	1974
	Brian LaValley		
	Steve Pitt		
	Jeff Polk		
4x800 Meter Relay	Scott Weinhold	7:50.7	1981
	Leslie Wright		
	Jay Watt		
	Jay Udovich		
4x1 Mile Relay	Howard Wright	18:17.7	1985
	Jerry Thomas		
	Steve Tiller		
	Kevin Gebhardt		
Shuttle Hurdle Relay	Randy Evans	1:01.7(yds)	1974
	George Harris		
	Brian LaValley		
	Steve Pitt		
Sprint Medley Relay	Jay Udovich	3:30.1	1980
	Bobby Cannon		
	Tim Gribbin		
	Dave Quillen		
Distance Medley Relay	Krah Plunkert	10:16.4	1986
	Dave Baker		
	Jim Sumstine		
	Scott Scheffler		
Pentathlon	Gene Hawke	3164 pts	1976
Decathlon	Gene Hawke	6712 pts	1976

WOMEN'S RECORD BOOK

100 Meters	Kirsten Owings	12.69	1992
200 Meters	Kim Hatlee	26.30	1988
400 Meters	Kim Hatlee	57.83	1988
800 Meters	Ann McKenzie	2:15.60	1985
1,500 Meters	Erin Green	4:50.74	1992
3,000 Meters	Erin Green	10:41.0	1992
5,000 Meters	Erin Green	19:10.0	1992
10,000 Meters	Mary Puderbaugh	43:34.0	1993
110 Hurdles	Tracy Tyler	15.31	1993
400 Hurdles	Tory Custis	1:11.1	1979
Long Jump	Kirsten Owings	19'1"	1993
Triple Jump	Kim Hatlee	36'3"	1989
Javelin	Cathy Yachmetz	140'5"	1977
Shot Put	Cindy Daugherty	39'1"	1983
Discus	Cheryl Ish	107'¼"	1990
High Jump	Tracy Tyler	5'6"	1991
4x100 Meter Relay	Angela Waters	51.59	1991
	Amy Spishock		
	Tracy Tyler		
	Kirsten Owings		
4x200 Meter Relay	Kelly Surgent	2:05.7	1991
	Kristen DeCraene		
	Tanya Snyder		
	Jennifer Foss		
4x400 Meter Relay	Amy Spishock	4:24.61	1991
	Tanya Snyder		
	Andrea Cyran		
	Erin Green		
4x800 Meter Relay	Kelley Hudson	10:40.1	1980
	Shelly Wagner		
	Chari McClean		
	Karen Roche		
Sprint Medley Relay	Angela Waters	2:05.0	1991
	Cheryl Ish		
	Amy Spishock		
	Kirsten Owings		
Distance Medley Relay	Val Sontag	14:32.0	1991
	Amy Spishock		
	Erin Green		
	Cathy Emerson		

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION · FOUNDED 1906 · ®

NCAA

1994 SCHEDULE

Date	Event	Time
MARCH		
25-26	Battleground Relays Mary Washington College	3 p.m.
APRIL		
2	Captain's Classic Christopher Newport Univ.	9 a.m.
13	**Dual Meet—Columbia Union**	**2 p.m.**
16	Cardinal Classic Catholic University	9 a.m.
19	CAPITAL ATHLETIC CONFERENCE Men's Championship Mary Washington, host	1 p.m.
20	**CAPITAL ATHLETIC CONFERENCE** Women's Championship Salisbury State, host	**2 p.m.**
23	**SSU Sea Gull Invitational**	**10 a.m.**
27-30	Penn Relays University of Pennsylvania	T.B.A.
MAY		
7-8	Mason-Dixon Championship Christopher Newport, host	4 p.m.
14-15	**SSU Last Chance Meet**	**10 a.m.**

Home Events—Bold

QUICK FACTS

Location ..... Salisbury, MD
Founded 1925
Enrollment 5,956
Colors ..... Maroon and Gold
Nickname ..... Sea Gulls
President ..... Dr. Thomas Bellavance
Affiliation ..... NCAA Division III
Conference ..... Capital Athletic and Mason-Dixon
Athletic Director ..... Dr. Michael Vienna
Athletic Dept. Phone ..... (410) 548-3503
Head Coach ..... Jerry Thomas
Coach's Phone ..... (410) 543-6377
Returning Letterwinners ..... 11 men/6 women
Team Captains ..... Dan Quinn, Kirsten Owings

THE FACILITY

Salisbury State University has among the finest track and field facilities in the region, featuring an eight-lane, 400-meter track with a Chevron 400 surface and a newly installed Accu-Trac fully automated timing system. The infield features dual runways for the horizontal jumps and pole vault, two enclosed throwing cages, and a steeplechase water jump. In addition to hosting SSU varsity meets, the facility is the site of numerous local and regional high school meets each year, as well as the host site for the Maryland Wheelchair Games.